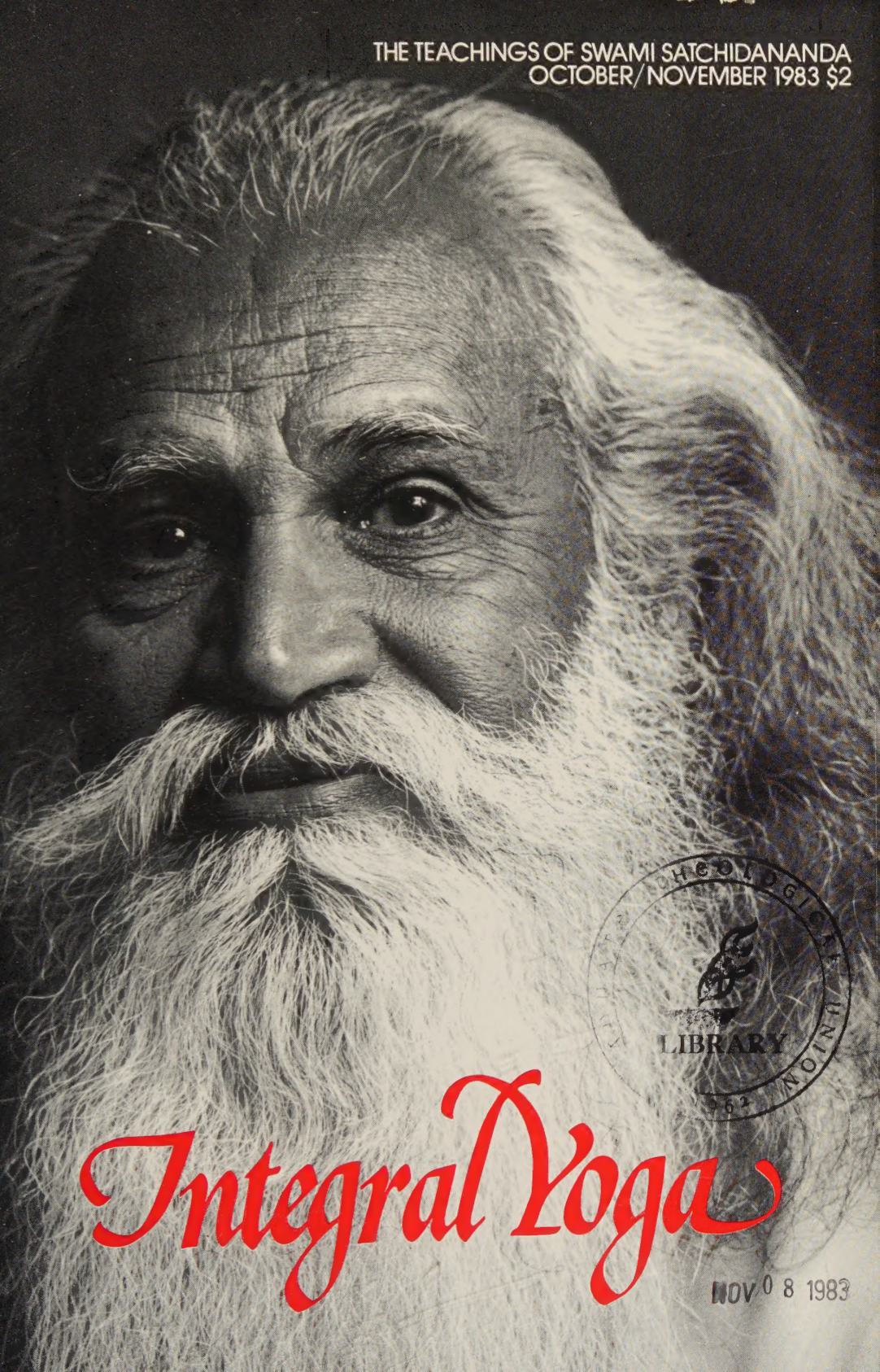
THE TEACHINGS OF SWAMI SATCHIDANANDA
OCTOBER/NOVEMBER 1983 $2



THEOLOGICAL UNION
LIBRARY
NOV 08 1983

Integral Yoga

UPCOMING EVENTS WITH SRI GURUDEV

OCTOBER		
2	San Francisco CALIFORNIA	Official City of San Francisco celebration of the Birthday of Mahatma Gandhi
20	New York City NEW YORK	Public Lecture
21-22	New York City	Bhavan Drama Festival
NOVEMBER		
11-13	Portland OREGON	Pacific Northwest American Yoga Teachers Conference

Please check with your local Integral Yoga Institute or Teaching Center or contact Satchidananda Ashram, Virginia for updated information about Sri Gurudev's schedule.

HOLY DAYS & OTHER SPECIAL DATES

NOVEMBER

1 All Saints' Day (Christian)
4 Diwali (Hindu)
5 Skanda Sashti
12 Birth of Baha'u'llah (Baha'i)
19 Loy Krathong (Buddhist)
20 Full Moon
Birthday of **Guru Nanak** (Sikh)
24 Thanksgiving Day
30 Adargan - Fire Festival (Parsi)

DECEMBER

1 Hanukkah (Jewish) continues for 8 days and nights
17 Birthday of **Mohammed** (Islam)
19 Full Moon/Lunar Eclipse
22 Jayanthi (Birthday) of **Sri Swami Satchidanandaji**
Winter Solstice
Birthday of **Sri Sarada Devi**
25 Christmas
29 Birthday of **Sri Ramana Maharshi**
31 New Year's Eve. Prayers for a year of peace and joy, love and light for all Creation.

INTEGRAL YOGA® : Vol. 14, No. 5, Oct/Nov. 1983. Copyright = 1983 Satchidananda Ashram - Yogaville. ISSN 0161-1380. All rights reserved. No part of this publication may be reproduced without written permission from the publisher. Published by Integral Yoga Publications at Satchidananda Ashram, Route 1, Box 172, Buckingham, VA 23921 USA. INTEGRAL YOGA® is published bimonthly. Subscriptions are $12 per year ($15.50 foreign), sent to above address.

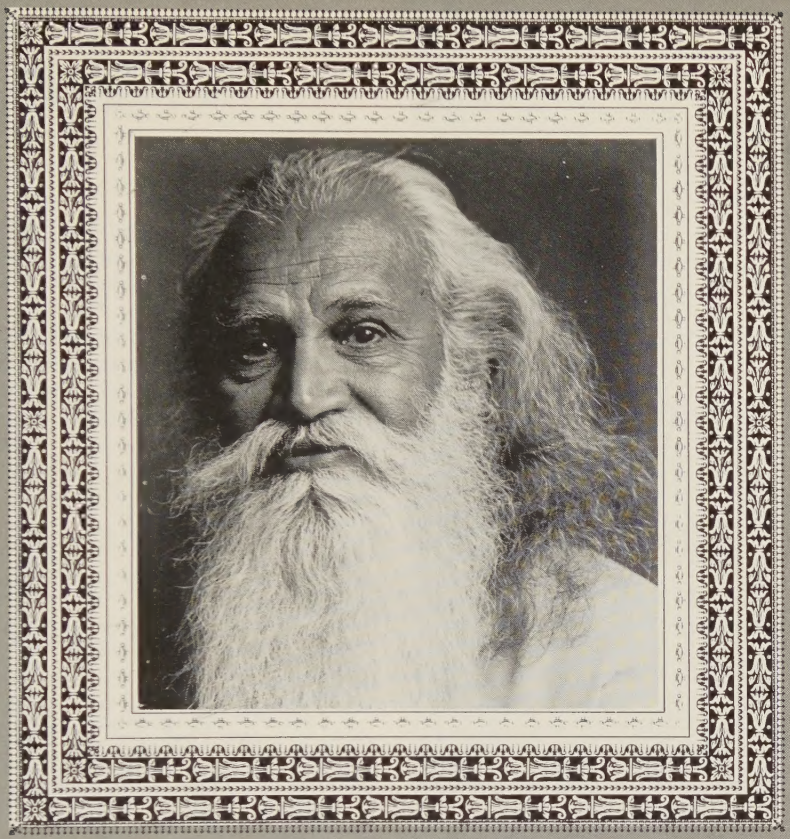


table of contents

SPECIAL FEATURES

YOU ARE GREAT! by Sri Swami Satchidananda 4
THE GOAL OF LIFE by Sri Swami Sivananda 6
SATSANG WITH SRI GURUDEV 8
MEMORIAM: R. BUCKMINSTER FULLER Jagadish James McCabe 11
MOTHER. A Story by Rev. Bhagavan Metro 14
IF ONLY . Poetry by Sr. Joan Metzner 13
GURU POORNIMA 1983. 16
17 LOVING THOUGHTS FOR 17 LOVING YEARS 20

DEPARTMENTS

LETTERS. 2
CHILDREN'S CORNER: 15
THE POWER OF FAITH by Mohini Shapero
SAINT FRANCIS TURNS TO GOD by Bala Ruth Otto
IT'S ALL FUN: Word Hunt 12
DAY-BY-DAY WITH SRI GURUDEV 21

INTEGRAL YOGA AND YOU

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in Yogic diet and other rleated topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total Yogic living, are also possible. Those interested are invited to telephone or to visit the centers.

A wide range of guest programs are offered at the Ashrams in Buckingham, Virginia and Pomfret Center, Connecticut. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a school for children (Yogaville Vidyalayam), and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction, and an Integral Yoga Health Services Clinic is now in the early planning stages.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Letters

Dear Swamiji,

I just finished reading your biography and feel so wonderful. I have been coming to the IYI in New York for several years; however, my association has been mainly with your devotees. Although I have met you on several occasions, whenever you have been around I always remain in the background, somewhat in awe of you. After reading your biography, somehow I realized that you are a loving and accepting person and that I wanted to make contact with you. I want to thank you for the knowledge, the joy, the love, the laughter you give to us all. And thank you, Swamiji, for touching my life.

K.J., New York, N.Y.

Dear Swamiji,

We are still filled with joy and gratitude for your visit. This morning I heard this conversation between my sons Muruga (4 years old) and Ganesh (7 years old):

Muruga: Swamiji is still here.
Ganesh: No, he's not.
Muruga: Yes, he is.
Ganesh: Swamiji went to Virginia.
Muruga: He's here and he's not here. He went to Virginia *and* he's here in my heart.

Thank you for allowing me to serve as mother of these two sweet little souls.

P.W., Colorado Springs, CO.

Dear Swamiji,

I loved the experience of our consort-ing together in the Ecumenical Service at the Cathedral [of Saint John the Divine]. I was sorry only in not being able to spend more time with you after the service.

Thank you again for coming and bringing such a spirit of lightness and warm humor. It was truly a gift to all. Your family has brought so much inspiration and light into my life . . . I am deeply grateful to you for the love and guidance you have provided them, and through them to myself. May our songs always be intertwined.

Paul Winter Litchfield, CT.

Sri Gurudev

Dear Swamiji,

I attended the Ecumenical Service at the Cathedral of St. John the Divine. I want to express my appreciation for the initiative and courage it took to organize and pull off such an effective service. I've been on your mailing list for many years and took my first Yoga class on West 13th Street here. You are a real "pioneer" in New York City. Thank you.

A.H., New York, N.Y.

How can I properly thank you for being the guiding light in my life? For the past six-and-a-half years that I have been following you, you have shown me the Universe in the most wonderfully practical ways. From sweat-welding copper tubes to fixing 2½-inch main line leaks, I have observed you work without getting dirty. I have even seen you be the perfect Servant. I have learned that this is your Yoga. Everyday life is your Yoga and every act is your puja and everything or person you work on or instruct is your altar.

-G.H., Alexandria, VA

I have been a follower of your teachings for about five years. What is really special to me is that I have shared you with my mother by sending her your book "To Know Your Self" for Christmas last year. Well, it is her Bible; she can't get enough! It's wonderful to see.

-K.H., Berkeley, CA

Dear Swamiji,

The gratitude that I feel — and the love — cannot adequately be expressed in words. But, as best I can, I want to thank you for leading me to you and the sangha. I feel so lucky to have spent time and to spend time in your presence, learning from your words and your actions. I felt so fortunate to have felt and participated in the spirit of Love and Unity that permeated the Cathedral of St. John the Divine.

K.M., New Brunswick, N.J.

Integral Yoga® Magazine

Founder - Director
Sri Swami Satchidananda

Editor
Swami Prakashananda Ma

Layout
Sister Narayani Chaitanya

Distribution
Swami Sharadananda Ma
Devi Phillips

Cover Photo
Rev. Maithreya Cerone

Photography
Dr. P.N. Rao
Swami Premananada Ma
Swami Sharadananda Ma

Printing
Delta Printing
Lynn, Massachusetts

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residences are in Buckingham, Virginia during the summer and Santa Barbara, California during the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.



YOU ARE GREAT

Sri Swami Satchidananda

The satsang began with the rousing chant:

Chidanand Chidanand Chidananda Hum
Hara halume Alamasta Satchidananda Hum
Knowledge Bliss Knowledge Bliss, Bliss Absolute
In all conditions I am Knowledge, Bliss Absolute.

Always, always remember that — at any time, for any problem: "I'm not the body, not the mind, immortal Self I am! I am Existence-Knowledge-Bliss Absolute!" Simply blow depression away. If you feel discouraged or depressed, shout at the top of your

voice, "I am blissful! I am joyful! I am easeful!" Affirm your true nature. You are nothing less than that.

Don't constantly hypnotize yourself by saying, "Oh, I am a sinner. I am no good at anything. I am a terrible yogi," and so on. You are not those things, but if you keep thinking that way you will appear to become that. As you think so you become. Think that you are great, and you are great. Think that you are hopeless, and certainly you will be hopeless. It is the thinking that makes you. So always have positive thinking. Don't give room for negative thinking. Even if such thinking comes into the mind, don't give it room to develop. Don't contemplate it. See the bright side of it.

As I recently said, people who rush for gold go through tons of crude rocks. If they concentrate on the crudeness of that they will just throw everything out and forget their search. Fortunately, their eye is focussed on the few ounces of gold hidden behind that crude dust. Never lose sight of that gold in you. You might have accummulated a lot of dirt and dust; it doesn't matter. Take time to clean it out. Put the emphasis on the goal, the gold you are looking for.

When you plant something thousands of weeds grow around it, but you constantly take time to pull them out so that the plant will grow well. The seeds of peace have been sown in you long ago. You have them always. Know that. Know that you are that pure, supreme, blissful Self. The Bible calls you the image of God. The Hindu scriptures call you Atman. Buddhism calls you the Buddha. Constantly dwell on this. Don't give room for all these superficial, temporary, momentary depressions. Things will come and go. Nothing is permanent in this world, but you — the Self behind the body and mind — are permanent. That True Self is immortal. Put the emphasis on that real you.

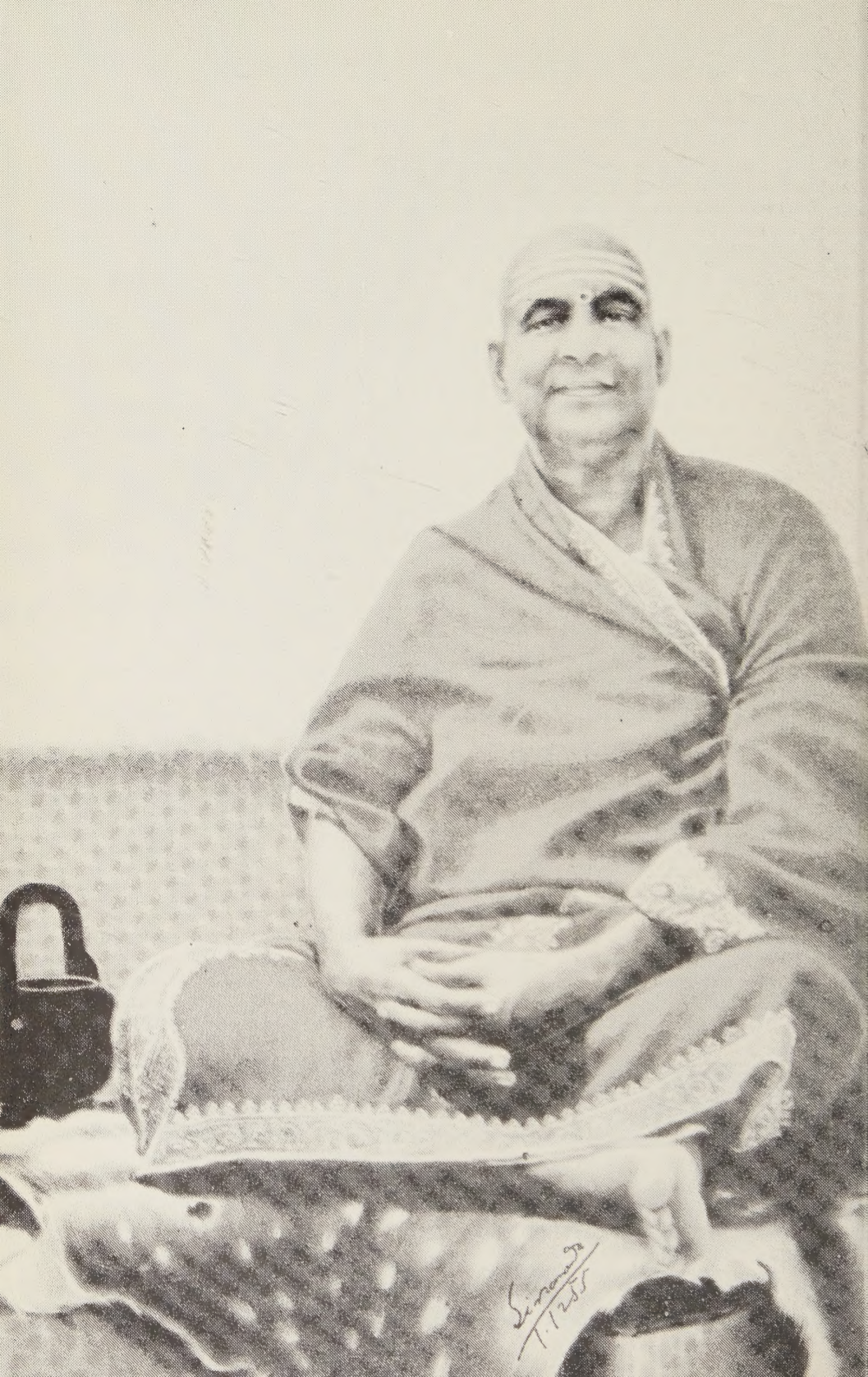
When you play soccer, you kick the ball around, the ball is tossed. It goes through all the changes, but you are playing. You enjoy the movements of the ball; those movements make the game possible. Likewise, think of your mind as your soccer ball. Let it go up and down, let it jump; but you enjoy that jumping. Just as you normally enjoy saying, "Hey, I'm happy!" you should learn to enjoy saying, "Hey, I'm unhappy today!"

Changes are to be admired, appreciated, enjoyed. Life without depression would be boring. Yes, it is true. Imagine if everything goes on smoothly, smoothly, smoothly, day after day. Do you think you will enjoy that life. No, not at all because there is no contrast, no change. To enjoy beautiful writing on a board, the board should be a dark color because the chalk is white. You can only enjoy the white writing because there is something dark behind it. Don't forget that. Life without these contrasting factors would be very dull. Nature always has these two sides. If you want to be able to enjoy both the pleasure and pain you should not get caught in either of them. Be the witness.

When do you enjoy a play? When you sit in the audience you enjoy the hero, the heroine, the villain. Is it not so? A play without a villain or a problem is no play at all. It is boring; the audience will walk out.

Life is like that. Don't ever look for only one side of the coin. There are always two sides, but *you* are the user of the coin. You are neither the tail nor the head; you simply use it. You can use your pain and use your pleasure but stay mentally aloof. No matter what happens you are just a witness. You see it happening, you know it is happening. You are the knower: "I *know* I was happy." "I *know* I am unhappy and I *know* I will be happy again." "Today I *know* I am sick, but I *know* I will be all right tomorrow." The common phrase is "I know."

We really do know. We are the knowers; we are the seers. Affirm that truth always. Apply this when you are in a depressed state. Don't just sit and dwell on your depression. Jump up, shake it off and say, "Hey! I am a lion, not a mouse! These troubles are all just temporary. I have come across things like this before. It will go away." You can heal yourself of all mental difficulties this way. Your mind is a fantastic machine. There is a beautiful part of the mind — the powerful part of the mind which can always get you out of any problems. Use that part — the brilliant part, the bright part. Don't succumb to the other side of the mind. When you are always using that bright part of the mind, you experience *Sahaja Yoga* or *Sahaja Samadhi. Sahaja* means natural. Naturally you are in *samadhi.* Naturally you are tranquil, you are balanced. Even in the midst of a lot of activity you are balanced. You can do that even now. Try it!



The Goal of Life

BY SRI SWAMI SIVANANDA

Union with God and with all things in Him is the goal of mankind. The paths must vary according to the temperament of the pilgrims, but the goal is one. It is God-realization.

Man's ultimate aim is God-realization. All his activities have to be guided by the ultimate aim of attaining the vision of God. We are here as passing pilgrims. Our destination is God. Our quest is for the lost inheritance, the forgotten heritage. The great, central aim of life is to come into a conscious realization of our oneness with God.

Life has no meaning as a separate life. It has meaning only when it becomes full or whole, when the individual soul joins the Supreme Soul.

Material property is necessary but is not the be-all and end-all of our life here. There is a nobler mission in life than merely eating, drinking, and sleeping. Pleasure is not the goal of life. Self-realization is the goal of life. Your spiritual need is far greater than your physical need.

A worldy person disregards the source of his being and occupies himself with things other than God. What a great pity! Are you not ashamed of trying to get as much money, fame, and reputation as possible while you remain spiritually bankrupt?

To be a human being is to live for the ideal of purity, benevolence, peace, service, sacrifice and illumination. Life is an aspiration. Its mission is to strive after perfection, freedom, and immortality. It is the awareness of incompleteness, the sense of insufficiency which urges the individual to recover that sense of wholeness, which is in God alone.

There is a Power higher than ourselves. Some of our desires are realized but many are thwarted. If each one of us has his own way, he would like all his desires to be fulfilled. Your birthright is immortality. The all-merciful Lord has blessed you with a human birth in order to free yourself from birth and death. Live for Him, realize Him here and now and become free.

Having achieved a human birth, a rare and blessed incarnation, strive to attain God-realization now. Serve, love, give, purify, meditate. Your journey will take you into a new realm of infinite bliss. You will discover shining treasures. You will rediscover God. You will be strong, you will be healthy, you will be free, you will be happy, you will be peaceful. You will inspire and bless all those whose lives you touch.

You are essentially divine. Godliness is inherent in you. You are not of this earth. You are the Spirit, the *Atman* — eternal, immortal, all-pervading, and ever blissful.

This material body is not yours. This mind is not yours. This *Prana* (life force) is not yours. These senses are not yours. The feelings, perceptions, sensations, and sentiments are not yours. You are pure Consciousness or *Para Brahman* — without mind, body, and senses.

O child! Wake up from the slumber of ignorance. So long you have been bound with the rope of the belief, "I am the body." Cut it off with the sword of the feeling, "I am the Atman; I am pure Consciousness," and be happy forever.

Courtesy of the Divine Life Society, Rishikesh

Satsang with Sri Gurudev

QUESTIONS & ANSWERS

From Recent Satsangs

Who Did It?

QUESTION: Many times I find joy and satisfaction in doing a job correctly. I'm not sure if that's how yogis should look at their work. Should I just try to do it without feeling joy?

SRI GURUDEV: No, don't try to do that. I think you should have that joy. You can feel, "Ahh. I've done a good job. Thank God." Do you see the secret there? "Thank God." When you do well, remember to say that. When you do good it certainly inspires you to do more good. That is the way we begin to learn about the joy in serving others. Just be sure not to have a selfish motive, because when you do it with a selfish

attitude you get into trouble with your mind. That selfish attitude brings arrogance: "See, *I* did it. *You* couldn't do it." So you can be happy about what you have done. Just remember Who is really doing it.

Overcoming Weakness

QUESTION: I have a lot of sugar and caffeine in my diet. I have tried many times to break my attachment to these things, but I always come back to them. Would you please give me any ideas about how I should begin to let them go for good?

SRI GURUDEV: I have spoken many times about using Hatha Yoga, pranayama, and proper diet to purge the old toxins from your system so that eventually these things will drop away. Analyze, understand and know why it is no good for you. If that doesn't work, eventually you will get sick and the doctors will tell you, "Don't take sugar and caffeine." Then you will stop. If you know that it's not good for you, but you still use it, then your will is not strong. Develop your will.

[Dr. Karmarkar recommends using a mantram.] Good advice. Yes, use your *mantram*. *Mantram* is the *tantram*. *Tantram* means trick. *Mantram* will do the *tantram*, will do the trick. That is our strong weapon against our weaknesses. If you have strong faith you can even ward off death. Nothing is impossible when you develop that faith: "I have unshakeable, all powerful *mantram*. Even if I repeat that once, all these little weaknesses will run away from me." Fortunate are such people, those who have that kind of strong faith in their *mantram*.

I don't talk much about it because people should realize it themselves. The greatest power is there in the *mantram*. Didn't Lord Jesus say, "If you have even an ounce of faith you can move mountains." That ounce of faith in your *mantram*, in your prayer is enough. Nothing is impossible to achieve. Always use it for the benefit of others, not for selfish purposes. Even wanting to get rid of sugar and caffeine can be a selfless desire because if you are healthy you can serve better.

Ego Control

QUESTION: I cultivate humility and obedience as much as I can. Lately though I have begun to notice that my mind (as I am doing a good job with a good attitude) starts patting me on the back, saying, "Look how good you are being." The ego seems to just take over. Is there anything I can do about this?

SRI GURUDEV: You have already done something just by noticing it. Be careful because your ego will mar the beauty of your selfless acts. If you really want to enjoy the spirit of karma yoga, don't give room for ego. The effect of the ego on a good deed is like this: Imagine you make a nice, delicious, beautiful cake. It is sitting there waiting to be served — covered with icing and lovely decorations. Then as you say, "Look at the beautiful cake I made," you take a handful of soil and put it over the cake. What is the use of the cake then? Instead of stopping to admire your own work, let others enjoy it. Don't cover it with mud. The ego is like that. The minute you allow the ego to touch your service, it loses its sanctity and purity. Often we do this without even realizing it. We do a beautiful job but then splash a little ego on it. One drop spoils the whole pudding. So be watchful, be careful. The ego is always finding a way to sneak through. It is very tricky. You have to learn better tricks to trick the ego.

[Questioner: Gurudev, would you please tell us some of those tricks?] There are three good ones. First, think about how peaceful you are without the ego taking credit. Then make note of how miserable you become every time you get into that egoistic frame of mind. Keep a record of it: "When I did these things without ego, I was so happy and peaceful. I enjoyed every minute of it. But the minute I developed a little ego about it and applied that ego I became anxious and disturbed." So remember the way the ego disturbs your mind, your joy.

Another good way to curb the ego is to cultivate the attitude: "What I am doing is nothing compared to many other great people. They have done so much. What a little I am doing in comparison to that. How can I be proud and egoistic about this? After all, I am just a humble, simple person." (This should not be done in a way that will make you think poorly of yourself. The purpose of this is to simply put the mind in its place. After all, it is not the mind or ego that is the never-changing Self.) Think of the great people who have dedicated their whole lives to God or humanity. Read the life stories of great sages and saints, great devotees. Compare youself with them. This will certainly humble the ego.

Still another trick is to think: "What am *I* doing? What did *I* do? How can I do these things? Where did I get the strength? Where did I get the knowledge? It is all God's strength, God's knowledge, God's intelligence functioning through this instrument. I am just an instrument through which God can do His work."

As soon as you say, "*I* did it," then you become egoistic. Even to think, "*I* have surrendered to God. I am obedient to His will" encourages you to become egoistic. You don't even *become* obedient. When you realize that you are just a simple instrument in the hands of God, that is obedience. Always remember: "That great awareness or super-consciousness, God is functioning through me. I am simply a puppet in the hands of God. He has placed me this way. I am here. He made me work, I worked. If the work has become successful, the glory goes to Him. Without Him I couldn't have done that." Always remember the Unseen Force working through you.

None of us is doing anything by our own power. We are not even living by our own capacities. Hundreds of times I have said this: You know the most important thing for life is the breath. Without breath we cannot live even for a minute. Without water we can live for a little while. Without food we can live for a few days. The most essential thing is air. We are all interested in living, and we know that without breathing we will die. Are you breathing consciously then? Every time the air goes out, do you draw it back in? No. Each time, it goes and comes back without your awareness. Somebody seems to be pumping the air back into you. Who is that somebody? Somebody who wants you to be alive. It seems that Somebody is saying, "I want you here. I still have many things to do with you. That is why I am pumping the air into your lungs. The minute I have finished my job with you I will stop the breath." When the work is over, the connections are turned off.

Yes. That Somebody has sent you and is keeping you alive. When the job is over, He will dismiss you. He has given you the freedom to think that you are doing it all. He simply allows you to do that, saying, "Okay. If you want, take the credit. But if you want to take the credit, you have to bear the burden also."

The minute you put your label on things, you carry the burden. When you start taking credit for your actions, you won't want someone else to excel you; you will be afraid to lose what you've acquired. So many mental burdens come just because you put a little label that reads: "I did it." We should all remember that consciousness within. Our mind, intellect, body, senses; they can all function only because of that life force. That life force comes from the cosmic life, God. If we realize that, we will allow the life force to function freely without our interference. We will become better instruments. Then there is no need to have any ego at all.

Light Mind

QUESTION: Is a person aware of when he or she is enlightened? Is it something that happens all of a sudden?

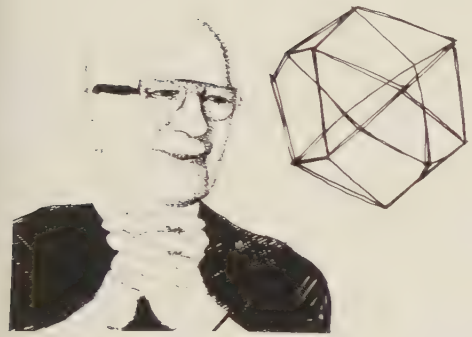
SRI GURUDEV: Oh yes. He is aware of it. Even before one gets complete enlightenment he becomes lighter and lighter — physically and mentally. When you get rid of your toxins and sins, you feel light. Before you *get* light, you have to *feel* light. As the weight of selfishness and ignorance are removed, you feel, "Ahh. I am being elevated. I feel light. I am not heavy anymore."

Many people put a lot of weight in their minds because the body is a little heavy. The body gained a couple of pounds so that the mind gains 20 pounds, 100 pounds. Because of this mental heaviness they can't think of anything besides the physical weight. When you do this, the mind becomes heavier than the body. Watch *that* weight. The mental weight caused by worry, attachment, wrong identification is what you should concentrate on losing. Don't let your mind become overweight. The mind should be very light. When the mind loses all its selfish desires and interests it feels light and it floats. Then without any strain it passes through all the *chakras*. You don't have to consciously open the *chakras* one by one. It will happen naturally. When the mind becomes light and floats through all the *chakras*, you are enlightened. To make that happen, lead a simple, clean, dedicated life free from selfishness.

Many things which have become a part of our culture originated with R. Buckminister Fuller. He coined the term "Spaceship Earth," developed synergetic geometry, and invented the geodesic dome, the Dymaxion World Map, and the World Game. In the midst of his busy schedule, he somehow found time to write 25 books.

IN MEMORIAM R. BUCKMINISTER FULLER 1895-1983

BY JAGADISH JAMES McCABE



R. Buckminister Fuller believed in the perfectability of humankind. He had intuited, very early on in his life, what he termed the "operative principles of universe." Armed with the knowledge of these principles and a rich imagination, Mr. Fuller embarked on a life dedicated to revealing, for all to see, the World Utopia, which he felt was our birthright. Engineer, cartographer, architect, poet; yes he was all of these, but first and foremost he was a man of peace. It was no surprise that his path should cross that of Sri Gurudev. As special guest speakers at several conferences, they had the opportunity to meet from time to time over the years, always enjoying each other's company and spirit of humor and good will.

Mr. Fuller traveled constantly, counseling the world to stop for a moment and consider the benefits to mankind of positive applications of emerging technologies, of converting the production of weaponry (or "killingry") to the production of "livingry."

I was privileged some years back to attend one of Mr. Fuller's lectures, delivered to the Orlando Chapter of the American Society of Landscape Architects at, appropriately enough, the Contemporary Hotel at Walt Disney World. Having seen Mr. Fuller a dozen or so years before, when I was a college sophomore (I thought he was old then), I fully expected a somewhat subdued senior citizen.

On the contrary, his physical presence was solid and robust, his metaphysical presence I can only describe as joyfully awesome. He sat patiently through a well deserved laudatory introduction and immediately thereafter launched into a stream of consciousness lecture using his "toys and gimmicks;" searching every nook and cranny of the universe and leaving no stone unturned.

About 10 minutes into the lecture, my companion broke my reverie to remark that the audience seemed to be having great difficulty in following Mr. Fuller's discourse. After all, weren't they landscape architects and wasn't he to lecture on landscape?

Sensing their befuddlement, Mr. Fuller scooped up the audience and took us all on a thrilling journey through the cosmic landscape of "geodesics, synergy and livingry technology." Two hours later, at once excited and exhausted, I timidly approached Mr. Fuller and asked how he would describe his longtime residence in a geodesic dome. He replied that it was always peaceful and that he and his wife "had never had words" in that home. He speculated that since the geodesic geometry was one of the "operative principles of the universe" it was naturally a place without fear and frustration.

I can only think that R. Buckminister Fuller was a true *bodhisattva*, a selfless brilliant light to illuminate the darkness of our ignorance.

Thank you Mr. Fuller. God Speed. Om Shanthi, Shanthi, Shanthi.

Jagadish James McCabe is the Head Architect for the Light Of Truth Universal Shrine.

IT'S ALL FUN

F K U W C P L E A S U R E F Z D H I W
L A Y A M P A R A B R A H M A N Y L A
O R I Q L I V I N G R Y T G B I H V K
A M V T U K I I N S P I R E B M U T E
T A S A H A J A R M A Z L L U F M M H
E Y M E T L H E A D S T A N D U I A L
R O O V C M I Q S E E D Y L D L L N I
I G O R Z R A O G U Q C O S H L I T G
P A T E O G E N N X S G J J A U T R H
S J H S B W D T A N T R A M G C Y A T

Did you ever feel that you'd lost your p's? Well, as this issue of the Magazine went to press, one page was dropped and the words and letters got jumbled. We're asking your help in finding all the words. They are every whichway. They are horizontal, diagonal, vertical. Some are upside down; some are backwards. Almost all are words that are used in this issue of the Magazine. We've given you clues, but you might find even more than 30 words! Please circle them as you find them and see how many you can come up with. Above all else — if you don't find them, don't lose your peace because...it's all fun!

CLUES

1. When the mind becomes light, it will _____.
2. Selfless service.
3. To have a great ambition.
4. It moves mountains.
5. Goal (syn.)
6. An important pair of opposites.
7. "Mantram does the _____."
8. What you need to catch the ego.
9. Roar like a _____.
10. Flower-shaped universal shrine.
11. Ganesh's vehicle.
12. "Remember the _____ inside."
13. Your own dedication will _____ others.
14. R.B. Fuller preached _____, not killingry.
15. Remember you are the _____.
16. Faith in prayer or your _____ can work wonders.
17. _____ (natural) samadhi.
18. _____ others and be peaceful.
19. _____ from the dream.
20. Moslem name for God.
21. Not empty, but _____.
22. Main symbol for ecumenical service.
23. "The _____ of Peace was planted in you long ago."
24. Lack of pride.
25. He gave the Sermon on the Mount.
26. He gave the Eight Noble Truths.
27. You are not the body or the _____.
28. Yoga is not just learning this.
29. Not rough, but _____.
30. Initials for Yoga teaching center that aims for Truth, Knowledge, Bliss.

ANSWERS TO August/September puzzle (Word Scramble)

1. Yoga
2. Peace
3. Karma
4. Bliss
5. Vritti
6. Light
7. Relax
8. Duty
9. Selfless
10. Samskaras
11. Easeful
12. Nonattachment
13. Upanishads
14. Renunciation
15. Asamprajnata
16. Vegetarian

IF ONLY

BY SISTER JOAN METZNER,MM

If only it wasn't raining today,
Then I would be a peace.
If only that meeting weren't on the agenda
Then all my worries would cease.

If only that person were out of my way
Then I would be content.
If only my headache would disappear
I'd have no irritation to vent.

If only I hadn't made that mistake
Then all would be really well.
If only I had a hot fudge sundae
That would really be swell.

"If only, if only," the moments pass
slowly, then faster and faster.
Til it seems the only way of life is
disaster upon disaster.

Whence this "if only" course of life
with clouds always on the horizon?
Why these futile worries and fears
you're so very good at divisin'?

"If only's" result from a wrong-minded vision
intent on the subtle thought
That God won't really keep His Promise
in the way you think He ought.

Let go of "if only's" and on with the business
of really and truly living
With trust in the Heart of a merciful God
who's faithful to always forgiving.

Mother

By Reverend Bhagavan Metro

In spite of many successes, I lived with inner chaos, burning with restlessness and unable to enjoy more than brief moments of peace and happiness. There were those, I had heard, who pass through this world calmly and gently, full of love and mercy, joy and compassion. "Do those we call saints exist?" I wondered. "And if so, what is their secret?"

It was in Kansas that I met her. She was standing there, plump and smiling, aproned, cooking bread, and deftly handling her eleven children who kept running in and out of a much-used screen door. They were yelling, laughing, and playing; asking and telling her a multitude of things.

I had my list of questions ready, neatly typed though crumpled from years of use. I asked the first one, "Can God be realized in this life?" She began to say something just as Tommy, age 7, came crying through the door. "Sammy hit me!" he wailed. The door slammed again and in stomped Sammy. "No, I didn't!"

She was kneading the dough, her hands were full, so she turned to Tommy and kissed him on the cheek then turned to Sammy. ("How is she going to spank him with all that dough on her hands?" I wondered.) But she kissed him too. Both boys smiled and ran out the door, arm in arm to play again.

"What did you say?" she asked me. I said, "Can God be realized in this..." Before I could finish, Ginny entered. A tall seventeen-year-old of budding beauty, she sighed, "Oh, Mother, I still don't have a date for the prom. I won't be able to live without one!"

Her mother smiled sympathetically. "I'm sure you will survive it, my darling. We needn't have everything." Then she added, "You're so beautiful, you know." Ginny left beaming.

And so it went through the afternoon: "Yes, Sally, you may stay the night at Susan's." "No, Richard, you may not go the the party at Thomason Reservoir." "Sammy, take out the trash." "Robert, mow the lawn." "I'm sorry your team lost, Sharon, but winning is not so important." "Lindy, please set the table." All this was said with a kind smile, often a gentle pat though sometimes in a firm voice.

Close to six o'clock her husband came in looking worn from a day of endlessly plowing the Kansas plains. She drew his bath and listened as he vocally relieved the burden of his day. She served supper and gave each one his or her time to say that which was most important. With their help, she cleaned and washed the dishes and cleaned the kitchen. She read a story or two and put the babies into nightclothes. Twelve people she told goodnight — some with a kiss, some tucked in over loud objection, and some needing a last-minute crisis solved.

Around ten o'clock the house became quiet and she poured me a cup of tea. I began to pull out my list, but a touch on the arm stopped me. "I'm just a simple housewife," she said. "I'm sure I don't know the answers to your questions."

Then it burst from my mouth, the thought which had been building throughout the day, "People call you a saint. But you are a slave! You have no life of your own."

That soft smile was turned on me, and the gentle voice said, "No. I have no life of my own, but I am not a slave. I love them so much. To serve them is my greatest joy. I am always contented." Looking into those peaceful eyes, I knew it was true. I reached into the box I had brought and produced my gift — six red roses — and placed them in her hands. Her face became radiant. Her eyes shone like those of a six-year-old at Christmas, and I received one of those beautiful hugs and a mother's kiss. I finally understood.

So with a bag of cookies under my arm, I stepped lightly into the Kansas night.

St. Francis Turns To God



By Bala Ruth Otto, age 12

Once upon a time there was a man named Francis who lived in Italy many years ago. Francis was very rich, but still he wanted to be richer. Francis liked to please his friends by giving big big parties with lots and lots of food and wine. They would get very drunk.

One day Francis heard that there was going to be a war. He thought it was a great opportunity to get rich and famous. So he immediately enrolled as a soldier.

A while later Francis and his friends went to war. They got totally defeated. Francis and his friends were put in prison. In prison, he saw how horrible his friends acted and he started praying to God. One day while Francis was praying he heard a voice saying, "Who would you rather serve — the lord or the servant?"

"Why of course, the Lord," answered Francis, thinking the voice meant a king.

"Then why are you serving the servant?" asked the voice. Saint Francis realized his mistake and realized the Lord the voice was talking about. He served the Lord for the rest of his life.

The Power Of Faith

By Mohini Shapero, age 10

One day when Jesus was traveling, there was a lady in the crowd who was very sickly and she thought if she could go and just touch Jesus' robe she would be cured.

So out she went pushing her way through the crowd. She touched Jesus and all of a sudden she felt a great feeling. She was cured there on the spot.

"What was that? Who touched me?" said Jesus.

"Oh, Master, what does it matter? There are so many people around who could have carelessly touched you," said Peter.

"No, it was not carelessness. It was on purpose," said Jesus.

The lady, knowing it was she Jesus was thinking of, fell at his feet saying, "Thank you, thank you for curing me."

"It was not I who cured you," Jesus said. "It was your own faith in me that cured you." Amen.

Guru Poornima 1983 Sparkling Days

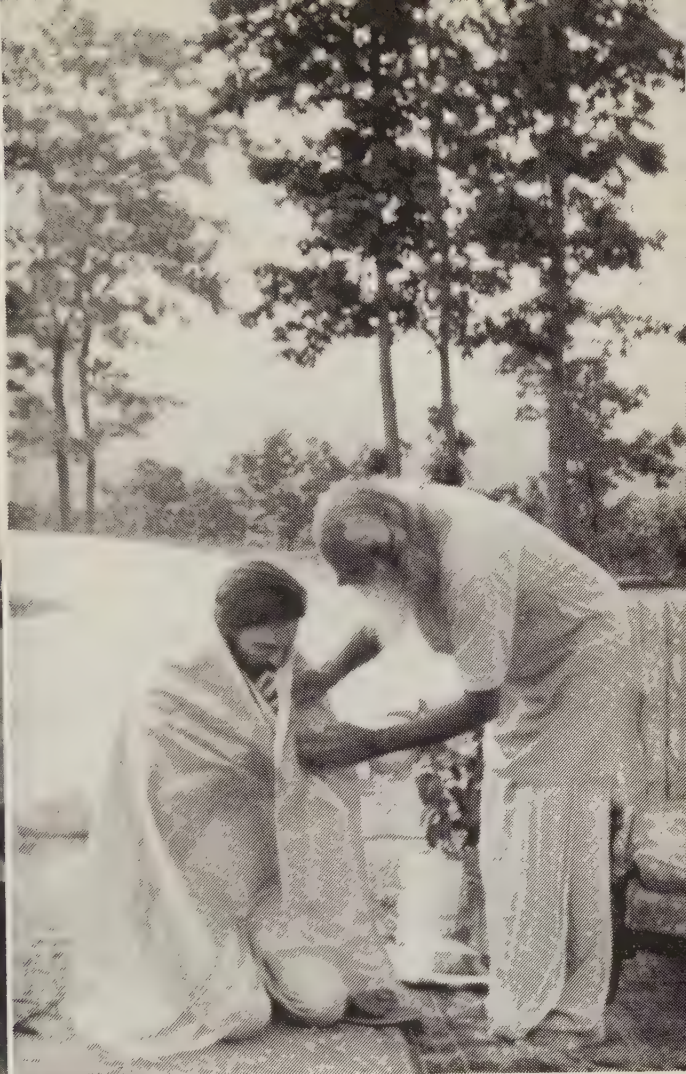
Preparations had started weeks before to accommodate the more than four hundred people who attended the Guru Poornima celebrations in Buckingham, Virginia. To provide a better facility for satsangs and the many other programs, Bhaktan Eberle directed the project of constructing an outdoor pavilion. He and many Karma Yogis worked long hours to build this naturally air-conditioned assembly room.

Held each year on the full moon, this festival is meant as a time to honor one's spiritual teacher. People from all over the world came to honor Sri Gurudev this year. There were more special guests than we could list for you here, but among them were: The Chan family, Atma Hansen, Janice Huffstutler, the Reverend Krishna Koch,the Patodia family, the Ramaswamy family, Mr. Kumaresan and family, Mr. Naidoo of South Africa, Savitri and Roger de Meyer, the Pemmaraju family, Kalyani Neuman, Blance Saia, and Paul and Nancy Condylis.

Early on the morning of the 23rd, while most of the Ashramites were getting everything ready for the special *puja* (worship ceremony), Sri Gurudev and his Sannyasis were at the banks of the LOTUS Lake where he was initiating six disciples into the Holy Order of Sannyas. At the end of the stirring ceremony, Brother Ravi had become Swami Bhashkarananda; Sister Devi became Swami Premananda Ma; Sister Narani, Swami Vidhyananda Ma; Sister Susheela, Swami Nirmalananda Ma; and Sister Prema, Swami Shanthananda Ma. Even though Brother Sridhar had become Swami Chidananda in December, he went through the formal ceremony at this time. Almost all of Sri Gurudev's American swamis were able to attend the ceremony.



Sri Gurudev enters the pavilion
for the Guru Poornima ceremony.



Ramakrishna Sackett receives special blessings
from Sri Gurudev at the Ananda Kutir Open House.

At the 1983 initiation. Sri Gurudev and many of the devotees he has initiated into the Holy Order of Sannyas. Seated in
he front are the brand new Sannyasins. Left to Right: Swami Chidananda, Swami Vidhyananda Ma, Swami Shanthananda Ma,
Swami Nirmalananda Ma, Swami Bhashkarnanda, and Swami Premananda Ma.



It was quite wonderful to see them all together and to hear Sri Gurudev's words of encouragement and inspiration for those who have chosen this great path.

After the Sannyas Initiation, Sri Gurudev went straight to the new pavilion for the *puja*. The pavilion had been beautifully decorated with colored lights and exquisite flowers. It was the perfect setting for a festival.

After the beautiful puja, Sri Gurudev spoke to the crowd. He reminded us of what we are really honoring on Guru Poornima — the God or Divine Force which is within all beings, all things. Simply but eloquently he spoke of how a Guru is an instrument through which God works.

A sumptuous Indian Feast followed the morning festivities and preceded a rather quiet afternoon. In the evening everyone came back to the pavilion for the entertainment offerings. The highlight of every entertainment program at the Ashram is the presence of the Yogaville Vidyalayam members. Looking beautiful and radiant, the children gathered on the stage with their dedicated teachers Sadasiva and Satya Greenstone to sing the chapter from the *Bhagavad Gita* which describes one of steady wisdom. The children had studied the verses and put them into their own words, to their own tune. It was impossible not to be moved as they sang these words describing Sri Gurudev.

There was music, a Bharata Natyam performance, and a beautiful LOTUS slide show prepared by Paul and Nancy Condylis. Finally there was magic. Reverend Bhagavan Antle, assisted by his wife Brahmi, had been practicing for months to develop the magic show they were about to present. As they were setting up for the magic, Sri Gurudev was called away for a long distance telephone call and finally sent a message that they should go ahead and start without him. We all felt disappointed that Gurudev would miss the Antles' performance. Still, like real troupers, they started. As the rousing music began, Bhagavan and assistant Gopal Coward appeared onstage with a big trunk. ("Aha!" many of us thought, "Brahmi is missing. She's going to appear from the trunk.") With true magician's flourish, Bhagavan convinced his audience that there was nothing in, under or around the trunk. Then it was closed and mysterious words said. Our magician opened the trunk and presented the most marvelous magical feat: slowly, slowly, from within the trunk appeared...Sri Gurudev! The audience laughed, clapped and literally roared with surprised delight. By the way, Brahmi did finally appear to assist Bhagavan with other illusions, including the very famous and amazing illusion called "Metamorphosis." The entire program ran very late into the night, but that didn't stop Gurudev from pausing on his way out to speak with everyone and give them all his warm blessings.

On the morning of the 24th, the Second Annual Integral Yoga Congress convened. Representatives from Integral Yoga Institutes and Teaching Centers all around the world had come to enjoy Guru Poornima and attend the Congress. After the day of meetings and workshops, Sri Gurudev joined everyone in the evening for satsang and celebration of the birthday of our beloved Swami Tyaganandaji.

The Congress concluded the next day and again there was an evening program. The Congress organizers and directors — Swami Lalitananda Ma and Reverend Ishwara Cowan — were highly praised by all for their excellent work in coordinating the events. As always, there were many questions for Sri Gurudev. One person asked how one can best serve when he or she is not living near the Ashram. Sri Gurudev answered, "Just be a beautiful example of Yogic life and my teachings. There should be light shining from your face. You should be Peace and compassion personified." Among the many other questions were several about contributing to LOTUS and Ashram projects. Gurudev reminded us of the words of Sri Subramaniya Bharati: "If you have heaps of gold, give some [to a worthy cause]. If you have only pennies, give a few pennies. If you have no pennies, at least give a nice word, a good thought."

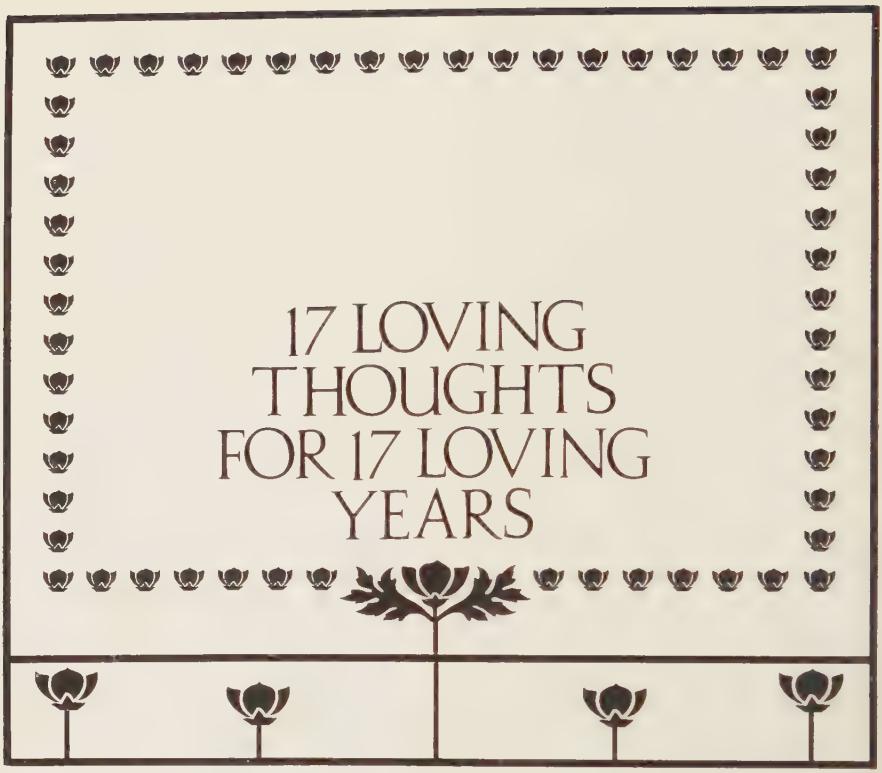
The 30th of July marked what Gurudev called, "My wedding anniversary with America." It was the 17th anniversary of his arrival in the United States. Swami Divyananda Ma, the Reverend Ishwara Cowan, Anandi Malcolm, and the Reverend Krishna Koch all told stories of using Gurudev's teachings in their lives. Undoubtedly, their reminisences sparked thoughts in the minds of all those present. It was certainly a moving time to reflect on the amazing amount of service Sri Gurudev

has done in these 17 years and how deeply he has touched so many lives. (Of course his service to humanity started long before 17 years ago!) Gurudev answered many questions — ranging from dealing with being overweight to understanding meditation — before the anniversary cake was presented to him.

By this time, hearts seemed full to overflowing. We had been blessed by so much of Sri Gurudev's physical time. Each moment was rich and full. With each day, we couldn't help thinking of the Jewish Passover song of gratitude "Dayenu (it would have been enough.)" If God had only blessed us with the Guru Poornima celebration day, that blessing would have been so great that it would have been enough; but He blessed us with much more. It was at this time that we were all invited to an Open House at Ananda Kutir, the house that has been built for Sri Gurudev. We all sat around him, the view of the Blue Ridge Mountains as the backdrop, and joined him in offering prayers and blessings. We were all deeply touched as Gurudev honored Ramakrishna Sackett, foreman of the Ananda Kutir building project, in the traditional Indian way — by placing a beautiful golden cloth about his shoulders. Next came the informal part of the occasion as everyone was served delicious pizza. Just about the time that all the pizza was finished and everything was cleaned up, it was beginning to get dark. There had been magic a few nights before, but this was the true magic. Sri Gurudev turned on the Christmas tree lights (which are there year-round) that adorn a tall evergreen tree next to the house. Little twinkling lights had also been strung around the roof of the house. A soft breeze moved among us, the lights twinkled. The view of the LOTUS site and the surrounding countryside offered more of a treat. The sound of the waterfall (which seems to flow from the feet of the statute of Mother Mary standing at the very top) behind Ananda Kutir was a soothing, lovely music. Above all, the feeling of Sri Gurudev's presence pervaded everything, everyone, leaving a sense of glowing fullness that felt like it would be there forever.

The smile of Gopal Coward's face mirrors the delight in the whole audience as Sri Gurudev slowly appears from a magic trunk.

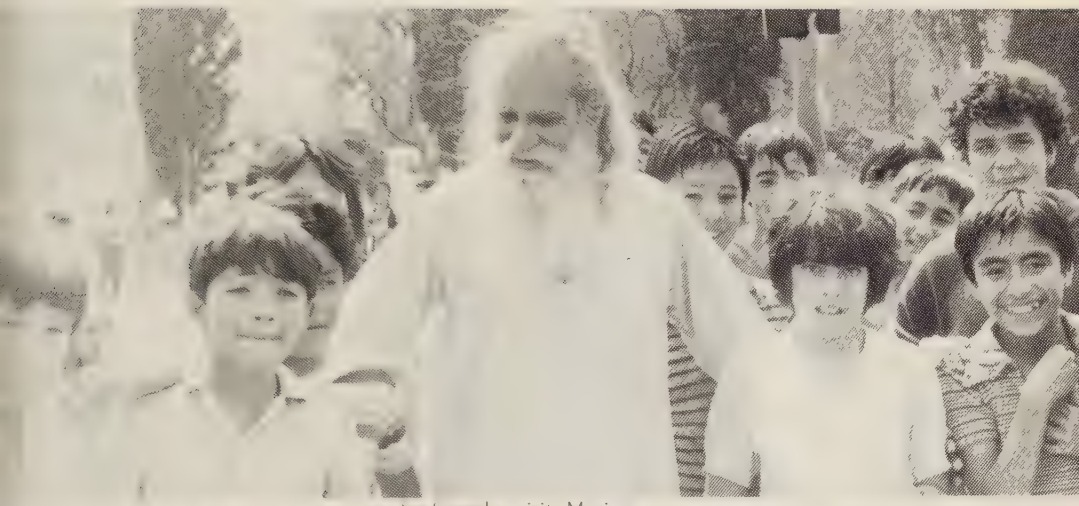




To You as the pure nectar of Divine Love
To You as the Light that guides the way
To You as Compassion that endlessly heals
To You as our Teacher who shows us the Real
To You as the example of the Servant of all creation
To you as the one who knows everything is positively possible
To You as the Melter of the hardest heart
To You who constantly unfolds the magic of life
To You as the One always dwelling in our mind's eye
To whom everything is a joke in earnest
To You who knows how to tune the song of our hearts
Our Beloved of all beloveds
Who can meet us on our gross plane and at the same time reside in the Divine
To You who can do nothing but Serve and Love
The Giver of ALL
To You - our hope and prayer
To You - our Lord and Master
Thank you for not running away and allowing us to be ever at Thy Feet.
Om Shanthi

Presented to Sri Gurudev at the celebration honoring the completion of his seventeenth year in the United States.

DAY BY DAY WITH SRI GURUDEV



Sri Gurudev visits Mexico



SAN ANTONIO & MEXICO

BY RAMAKRISHNA RAO PEMMARAJU

On the 20th of May, the San Antonio devotees were again blessed with a visit by Sri Gurudev. Patiently, slowly, lovingly, he greeted each one of the long time disciples and friends. A lecture was planned on the following day through the invitation of Father Joachim Pilai of the Oblate School of Technology. Father Pilai had met Gurudev some years ago in Sri Lanka.

It was amazing to see the tremendous response from the capacity audience. The nuns, fathers, and other guests wholeheartedly felt inspired by Gurudev's talk. "Absolute Truth cannot be expressed without limits," Gurudev said. "How can one contain the ocean? If you go with a mug you get that much ocean; if you take a bucket, that much. When people forget the ocean (Spirit) is not the container, they throw the water (Spirit) on each other and thus lose it. They then keep their containers (limited minds) and walk away!" With the deep need for all religions to further understand ecumenism, Gurudev continued: "Truth is like a lollipop. You eat it and then throw away the stick. If you have experienced Truth or God, you don't have to worry about superficialities (various religious names/forms). When I am eating a square cake, you should not say, 'If you don't eat my round cake you will go to hell!' It is just the same cake in a different form. How many Catholics love Mary even *more* than Jesus? It is okay; you can approach God in that way because Spirit is of the same essence."

The next day, 22 May, Gurudev and the Rao family flew to Mexico for some vacationing and sightseeing. Mexico City is a clear manifestation or example of *maya* (duality). It is colorful, charming, and beautiful, yet is is crowded, poor, and polluted. It was very inspiring to see Gurudev's perfect *vairagya* (dispassion). In essence, he remained at ease and peace when seeing colorful birds or when seeing the poor people. His light and love shined equally on all. He seemed to be saying that all of these things are images and expressions of God and that one must accept them as such. Many people were fascinated by his peaceful nature. Children were drawn to him like a magnet — laughing, smiling, and asking him various questions. He playfully conversed with a group of school children who were throwing each other in a fountain, while on the other hand he patiently received an old woman's *pranam* (salutation). Lovingly, she bowed and said "Maestro." A few minutes later, Gurudev commented, "Ahh...there is such devotion here."

Indeed, the highlight of the Mexico City tour was the visit to the famous Guadalupe Shrine. This Church was built in the 16th Century in honor of the famous cloth on which a painting of Mary had appeared miraculously. At that time, an Indian peasant was blessed by a vision of Mary; but the clergy refused to believe him. He again saw Mary and she instructed him to take a cloth full of roses to the clergy. When the roses were presented to these people, they fell to the floor for inside the cloth was an image of Mary! This cloth is now enshrined in the Church and one can still clearly see the image of Mary. As we all sat in meditation and quietly walked on the grounds of the shrine, we could feel the presence of the Mother's love and grace. Gurudev later said, "I could have spent all day there; it really is a beautiful place."

When we visited some Aztec Indian ruins, Gurudev corrected the tour guide. "The stone snakes on the old buildings are not just ornaments," he said. "They are religious symbols." He turned to us and said, "They are symbols of the kundalini force."

We also visited the mountian cities, Cuernavaca and Taxco. As we 'tooted' down the various roads to see these beautiful cities, Gurudev laughed and honked the horn with childlike joy and glee.

In Cuernavaca, we stopped at a unique patio restaurant called Las Mananitas. The scenery was lovely because colorful birds roamed freely and there were beautiful trees and flowers. Gurudev seemed to have a wonderful time speaking to his winged friends. It was also interesting how Gurudev would talk to certain people throughout this trip. Mere strangers would come to Gurudev and begin to speak. At this restaurant, for example, Gurudev patiently and kindly spoke to two gentlemen who had been watching him from a distance. "We feel that we knew you before from somewhere," they said. Gurudev replied,

"Yes, it is quite possible...."

After seeing these two unique cities, we came back to Mexico City. Even though this journey was quite long and tiring, we did not see Gurudev close his eyes once for his "forty winks." He remained ever alert and peaceful. In fact, that night itself, we all found energy to see the beautiful Mexican National Ballet with its colorful costumes and unique dances. Still, even after this program, Gurudev was as active as ever!

Thus a beautiful, inspiring week had come to an end.

MONTREAL

BY MADHURI HONEYMAN

On Friday, the 29th of April, Sri Gurudev arrived in Montreal for a full weekend of programs. It had been two years since he had visited Montreal and many people eagerly awaited his arrival. That evening an audience of three hundred people came to McGill University to hear Sri Gurudev speak on "Harmony with the Higher Force."

The next morning at the IYI, Gurudev attended the graduation ceremony of Montreal's first French Teacher Training Certification Program. It soon became apparent that the graduates had been well trained as Gurudev tested their understanding. One of the last questions he asked was how we can overcome attachment and unhappiness. "By being selfless," came the reply. "Ah! That's it!" said Gurudev. "That is the real Yoga — to be selfless, to live for the sake of others."

After a radio interview in the afternoon, Sri Gurudev attended the national conference of the international ecumenical group World Conference of Religions for Peace. He had been invited to be one of the keynote participants. After a short ecumenical service with representatives from various religions, Gurudev shared a few words with the Conference. The conference had focused on catastrophes and horrors of past wars and nuclear tests. Sri Gurudev seemed to balance the evening by expressing the more important need of doing something right here and now in our daily lives. He explained that, while it is good to be aware of what went on in the past, one needn't dwell on it. He said everyone can do something very real and powerful by spending even ten minutes a day in prayer for world peace.

On Sunday afternoon, the Montreal Institute held a LOTUS luncheon with Sri Gurudev at the Hunan Restaurant. During a special moment, Krishna Holt, the host for the luncheon, commented on how Mahatma Gandhi utilized non-violent resistance by opening his arms to his enemies and saying, "So you want to kill me? Okay. I'll make it easy for you. I'm coming to *you*." When he came, they could only kneel in adoration. Sri Gurudev explained that when someone thinks of killing, it comes from the head. Gandhi, however, touched the *hearts* of his enemies and thereby neutralized the will to do violence.

Sri Gurudev left for Virginia after the luncheon, leaving everyone very full — not of food, but full of his presence and love.

NEW BRUNSWICK

BY REVEREND JANAKI CARRERA

On June 15, Bharata Natyam, the classical dance form of South India, came to New Brunswick, New Jersey. Dr. Padma Subramuniam, one of the foremost dancers of Bharata Natyam, had graciously offered to do a concert as a benefit for LOTUS. Sri Gurudev attended the concert as a speical guest, and introduced Dr. Subramuniam.

She had wanted the concert to be presented as a worship, and asked Sri Gurudev to perform a small *arathi* backstage before she began. She then performed several pieces, stories from the Scriptures, such as a tale of Sri Krishna as a baby. The Bharata Natyam has characteristics of dance and mime, where hand placement and especially facial expression are very important to the story. The pieces ranged from inspira-

tional to truly humorous, and it was clear to all why she is a premier dancer of the art form. As Sri Gurudev commented during the performance, "She was born to glorify the Bharata Natyam." The audience, most of whom were from the South Indian community of Central Jersey, shared His feelings and gave her a most enthusiasttic ovation when she had concluded.

After the dance, the LOTUS slide show was presented, and then Sri Gurudev made some brief remarks about the LOTUS project. He said that as a young man, he had asked why money was used to build temples when people were hungry. Now *he* was being asked that same question. He explained that as he grew older, he saw that the real poverty of the world was a lack of sharing and caring, and that it was the responsibility of the religions to foster greater understanding and compassion. Unless there is more feeling of brotherhood among all faiths, knowledge that all people are searching for that Peace under many names, there will not be the spread of love and care which will lighten the burden of suffering all over the world. That is the reason for the LOTUS, designed to celebrate the One Truth, which appears as many.

The morning after the concert, Sri Gurudev met with the dance troupe at the home of Ambha and George Kearns, two close members of the New Brunswick IYI who had generously offered their house to the troupe. After breakfast, Sri Gurudev arranged, through the New York IYI, for them to take a sightseeing tour of New York City.



Dr. Padma Subrahmanyam



Uma Sackett looks on as Sri Gurudev reads from a book of Tamil poetry.

VIRGINIA

BY SWAMI PRAKASHANANDA

The spring and summer months were filled with activity at Satchidananda Ashram, Virginia. Every Saturday, if Sri Gurudev was not traveling elsewhere, there was a wonderful satsang with him. But Saturday evenings were not the only time that Ashramites were delighted by the *darshan* of their beloved Teacher. Aside from his many visits to the projects going on all over the Ashram, there were distinguished guests to greet and offices and schools to dedicate.

In May, the Yogaville Vidyalayam — our Ashram school — officially started in the new building. As we all sat in the main room overlooking the surrounding hills, the children performed an *arati* and sang songs of several traditions. As the children gathered around his chair, Sri Gurudev read some Tamil nursery rhymes and then explained their meaning. He gave his blessings to the school and its two teachers, Satya and Sadasvia Greenstone. He reminded them: "If the children don't study well, the teacher is the cause." This was obviously just meant as a lesson to *all* teachers because the children are studying perfectly.

Chiropracter Muktan Sullivan opened his offices in Scottsville, Virginia on the 13th of June. Sri Gurudev attended the dedication ceremony and spoke about the attitude that someone in a healing profession should cultivate: "Your work becomes holy if done with the welfare of the patient in mind. Instead of thinking about what you will gain — money or glory — by them coming to you, think of how you can best serve them. Your patients are expressions of God. Whoever comes in, you should think, 'Ah, God has come.' Always think it is a great opportunity to serve another of God's children. If that particular individual cannot pay much, don't worry; God will pay you in other ways...You must also be careful not to be attached to the outcome



of your treatment. Certainly you should do all you can, but you will not be able to cure everybody. To cure or not to cure is God's business." Afterward, Sri Gurudev visited the offices of Dr. Devdass Karmarkar who is also serving in Scottsville.

In June, Professor Prasant Hansma, his wife Padma and their children visited the Ashram. Prasant has been working closely with Sri Gurudev to design the central light for the LOTUS. He and Padma had made a beautiful model that demonstrated how the light will look in the Shrine. [Watch for an interview with Prasant about developing that light in an upcoming issue of IYM.] The Hansma's visit coincided with a visit from LOTUS architect Jagadish McCabe, and we all enjoyed a satsang where they both talked about LOTUS.

A visit from Yogi Amrit Desai was a delight to Sri Gurudev and all the Ashramites. Yogiji was on his way to a program and stopped to see Sri Gurudev. That evening we were treated to a surprise satsang and a chance to be with these two great teachers. The affection and respect between them was quite evident as they spoke with one another. Sri Gurudev said, "He [Yogiji] really has a very soft corner in my heart." Yogiji said, "I have a very special feeling for Swamiji. I also feel very close to him because of the kind of ecumenical work he has done all over the world." As Gurudev showed him the model for the LOTUS Light which Prasant had recently brought, Amrit Desaiji commented that the center of LOTUS is like its *sushumna*. Despite the fact that he had been doing so much traveling, Yogiji sang a beautiful *bhajan* for the Ashramites and spoke about his own Ashrams and the work they do. He told us that the journey to the Divine begins with self-acceptance and that love must manifest in selfless service.

On the 4th of July, Gurudev joined all the Ashram members and friends for a flag raising ceremony. He spoke for a few moments afterwards, saying: "In the Yogic

sense, the flag represents the *kundalini*. By purity of heart, mind, and body you allow the energy to wake up, you allow the awareness to be awakened along the flag post of the spinal column...Once you go up, you have been totally fried, and you are not afraid anymore. The highest experience is fearlessness. As long as you are afraid of this and that, you are still half-baked...When you are in an airplane, and you look down everything appears the same level. That is what happens when you are enlightened. Everyone is equal in your eyes." Gurudev spoke about how to keep a check on the mind: "Tell it, 'Occasionally I give you a little rope just to have some fun. But when I tell you to stop, you should stop immediately. If you don't obey, I will have to be very strict with you.' In this way, we can train the mind."

That evening, before the fireworks by LOTUS Lake, Reverend Bhagavan Antle treated everyone to a magic show. There were also a few magic tricks from a very special guest, a mysterious gentleman from the East who looked very much like Sri Gurudev.

NEW YORK

BY SWAMI DEVANANDA

A great English poet called it "the merry month of May." Certainly, the atmosphere in the Integral Yoga Institute and, probably, the entire city of New York was heightened and brightened as the many visiting devotees experienced the presence of Sri Gurudev. We sensed an imminent festival of the Light.

On Friday evening of the twentieth, at the beautiful and intimate Metropolitan-Duane United Methodist Church, just a few hundred feet from the Integral Yoga Institute, Sri Gurudev gave a public talk on "Learning to Surf in the Ocean of Life." To free us from any limited idea about Yogic life, he began to open our eyes to a broader perspective.

"We are always connected with this universe, which is our family, and with the ocean of life," he explained. "True, we see a lot of waves — sometimes high waves, sometimes dashing waves; sometimes it is very calm. Like the ocean which we can see, we cannot expect the ocean of the world to subside and be free from waves. If the ocean ever becomes waveless, we won't even call it an ocean because the very nature of the ocean is to have waves.

"Likewise, the very nature of the world, which is another ocean, *should* have waves and *will* have waves. We cannot expect otherwise. A good surfer will look for bigger waves, dashing and rolling waves. That's where the fun is. Life is for us to enjoy. Nature or God (whatever term you like to use) wants everything in this universe to enjoy every minute of its life...

"The *Bhagavad Gita* clearly says that your mind can never be peaceful. It sounds like a hopeless message, doesn't it? When Arjuna asks, 'How can I keep the mind peaceful?' Lord Krishna laughs at him, 'Ha! How are you going to do it? The mind is like water constantly getting tossed by the wind. Can you hold the wind?'

"Instead of *making* the mind peaceful, we learn to ride its waves. A realized person can surf more. He or she is not disturbed by the ups and downs of the mind or the world. He enjoys life without fear of getting caught in it. Such a person is *in* the world but not of it..."

"Such a skill comes gradually though. So be patient. Remember even when you want to learn to surf, you don't go into the high waves immediately. With some help you begin learning in the little waves. Then as you get strength, you can eventually go into the deep sea."

Eighty people packed the Tandoor Restaurant for a LOTUS Benefit Luncheon the next afternoon. After inspiring music by Chip and Jan Winnard, the delicious Indian food, and a LOTUS slide presentation, Sri Gurudev spoke. Among his other inspiring words, he talked about how genuine diplomats could achieve World Peace. "It is time to open the heart, to talk from the heart rather than from the head...If you want negotiation, some of the people from each country who believe in heart-to-heart talk should come together. Meet them as friends; don't meet them as enemies. I be-

lieve in complete trust in the other fellow. Even more, I believe in sincere prayer. Instead of thinking of God only when they take an oath of office, they should begin every government session with a prayer."

MANY TONGUES

On the sunny Sunday morning of the Feast of Pentecost, 22 May, light was glancing from the stone-and-metal edifices of Columbia University facing the Cathedral of Saint John the Divine. Beams of sunshine streamed high across the few cars, yellow cabs, buses, and sparse, budding greenery of Amsterdam Avenue, then through the stained-glass windows of the Cathedral, finally diffusing to the lower levels of the grey granite arches planted in the vast, ringing stone floor. Sri Gurudev entered the vaulting chamber to participate in a service of the Universal Light.

Paul Winter's boundless, soothing horn music resounded gently across the cavernous depths and reverberated through all the hidden recesses. In an atmosphere created by the great, medieval procession of all the clergy persons and singers and billowing clouds of frankincense, we were left with a sense of awesomeness and anticipation.

At the invitation of the Very Reverend James Parks Morton, Dean of the Cathedral, Sri Gurudev gave the main sermon at this historic and unprecedented Ecumenical Service. Along with Sri Gurudev and Dean Morton, the other celebrants were Rabbi Wolfe Kelman, Vice President of the Rabinnical Assembly; Bernard Glassman Sensei, Abbot of the Zen Community of New York; and Sheik Nur (known to us for many years as Lex Hixon) of the Mosque of the Jerrahi/Halveti Order of Dervishes.

Over fifteen hundred people were raptly listening as Sri Gurudev began his benediction: "It is a great privilege to be standing at this holy pulpit from which many a great sermon has been heard, on this beautiful day when the Holy Spirit descended on the apostles to speak in many tongues so that all could understand His message. That, itself, is proof that God need not be addressed in only one language...

"To say that we are one in Spirit but many in appearance is the purpose of any religion. Almost all the religions say that the One appears as many. That means religion should bring us together in the understanding of our spiritual oneness and, at the same time, accept the varieties so that we can have enjoyment in life. Unfortunately, what has happened and is still happening in many places? The very same religion that is supposed to bring us together seems to be dividing and separating people. Is that fighting, arguing, killing the purpose of religion? According to world history, more people were killed in the name of religion and God than for any other cause. Does that mean that there is something wrong with religion itself? No. The mistake is with our understanding. We project our ego in trying to understand religion. The Bible said, 'Blessed are the pure in heart. They shall see God.' Sri Patanjali, in his Yoga Sutras, said the same: 'Blessed are the people who are free from any restlessness of mind, who have a serene mind. They shall see themselves as pure Spirit.' Other religions say the same thing. What are we looking for? A pure heart, an egoless heart, a peaceful heart, a loving heart.

"The scriptures ask us to sacrifice the ego, sacrifice the 'I, me, mine.' In the name of religion we see this ego when people say, '*My* religion. *My* God.' That 'My' has to be sacrificed. The Bible says, '*Our* Father who art in Heaven.' It doesn't say, '*My* Father in Heaven.' We are directed to 'Love thy neighbor as thyself.' There is no qualification there that says, 'Love thy neighbor as thyself *if* he follows the same religion you do.' No. It doesn't matter who it is; even if he is an atheist love him as yourself because your own Self pervades him...

"At a beautiful service like this we see the unity. It is really time for us to gather like this more and more because that is the only way we can find peace on earth."

The beautiful and moving service continued with a true feast of music and prayer. All the celebrants joined together, each offering prayers from the religion he represented. The expressions were varied, but that made the message of unity even more powerful. Despite the different forms of dress, the different languages, the different ways of prayer, the oneness of these varied paths shone forth. Truly, it seemed an answer to the prayer with which Sri Gurudev had closed his sermon: "Dear God, please do whatever You want to bring us together. Let us love each other. Let us live together as Your beloved, beautiful children. Let that be our prayer today and always. Thank You."

THE MAGIC OF MEDITATION

By Swami Premananda Ma

Doug Henning is one of the greatest magicians of the present day. Many of his magical feats are unparalled by any other living magician. The key to Doug's grand success in his professional and personal life is, he states, meditation. For the past ten years, Doug and his wife Debby Henning have shared a life of meditation and Yoga practice under the Transcendental Meditation program. It is the quest for spiritual truth, for the experience of consciousness expansion that is the driving force behind the Hennings' lives.

That "force" is far reaching. It is apparently shared by close staff members and touches others as well. Close friend and manager, Jim Bagnora meditates and shares a keen interest in the spiritual path with the Hennings. Even in the box office of the Broadway show "Merlin" in which Doug currently stars, the workers know about meditation. Doug, Debby, Jim, and friends spend at least two hours daily practicing Hatha Yoga, pranayama, and meditation. Their dressing room in the Mark Hellinger Theatre has been transformed into a cozy spiritual center filled with pictures of their spiritual master, other saints and sages, incense, and magical floating balloons.

What is this mixture of magic and mysti-



cism that truly mesmerizes Doug Henning's audiences? Doug says: "My illusion magic is really just a metaphor for the real magic in the world. One should always feel wonder for the incredible, awe-inspiring majesty of nature — the glorious intricacy of a rose, the unfathomable reaches of the universe. If we live with a sense of wonder, our lives will be filled with joy."

This joy is certainly transmitted to the audience who are totally wonder-struck by Doug's magical feats. He conceived the idea of "Merlin" and created all the magic illusions used in it. People leave the theatre after the show with gleaming eyes and smiling faces, many returning to see the show a second or third time.

In June, Sri Gurudev attended "Merlin" as the guest of the Reverends Bhagavan and Brahmi Antle. After the show, Sri Gurudev and the Hennings had the opportunity to meet. He and the Antles were invited to join Doug and Debby in their dressing room. It was a wonderful meeting with very loving exchanges between Gurudev and the Hennings. They had many questions for Gurudev which he warmly answered.

He expressed his appreciation for Doug's talent as well as his real sincerity and humility. He commented on how rare it is to see someone who has such talent and fame be able to remain so "humble and childlike." Again, Doug credited his happiness and success to the practice of meditation. Doug and Debby were very touched and moved by Gurudev's words and presence. As Doug described: "Debby and I knew that you [Gurudev] were in the audience. It wasn't just because Jim told us that, but because we could really feel your presence. We couldn't actually see you because of the bright stage lights; but when we looked out into the audience, we saw a beautiful bright white light — which in our over 200 performances we had never seen. It was so beautiful to have you here."

Noting that nearly an hour had magically passed by, Gurudev told the Hennings that they should really take some rest (they had given two performances that day) but they assured him that his visit had truly enlivened them. A loving exchange of gifts and words ensued before Sri Gurudev and his party moved from one magical world into another.

TRAVELOG: PART III
by Swami Premananda Ma

Many friends, relatives and devotees came to see Sri Gurudev upon his arrival in Coimbatore. Among them were Sri Krishnaswami Gounder, Sri Swami Vimalananda Mataji, and Sri N. Mahalingam's eldest son Manickam with his new bride Gowri. Sri Gurudev was escorted to the Perur Temple where he had served for almost two years as the Temple Manager. The reception there was very beatufiul. The Temple elephant garlanded Gurudev, and he was ushered into the Temple by the Temple musicians. We all enjoyed darshan of the Siva Lingam, Lord Muruga, and the Goddess Durga.

Santhalinga Ramaswami Adigalar Madam (Ashram) is near the Perur Temple, and Sri Gurudev next visited there and addressed all the members and the school children. Sri Santhalinga Ramaswami Adigalar is a true holy man, his face always beaming in joy. He lovingly introduced Gurudev and at the end of the talk Gurudev was garlanded at least ten times and draped in a golden cloth. Then a group of the youngest school girls performed a small dance and flower petal offering to Gurudev.

In the evening Sri Gurudev visited Sri Giridhari Prasad, a long-time friend and devotee. Whenever Gurudev would come



to Coimbatore from Sri Lanka during his years there, he would stay with Sri Prasad. Sri Prasad and Sri N. Mahalingam are the pillars of an organization called "The San Marga Sangam." This organization promotes the spiritual culture of India and is very ecumenical in nature. Through Sri Mahalingam's generosity a beautiful wooden Light shrine is installed in the Hall. Pictures of many saints and sages decorate the walls. That night, nearly one thousand people gathered to hear Gurudev speak. Sri Santhalinga Ramaswami, Sri Sundara Swamigal, Sri N. Mahalingam, and Sri Giridhari Prasad all joined Gurudev at the dais table. Gurudev spoke about his service in the United States and the interest of Americans in the Eastern culture and traditions. He spoke of the greatness of Hinduism in its true form of honoring all religions.

On the second of February, Gurudev enjoyed a breakfast in the home of Sri N. Mahalingam's beloved daughter Karunammal. Then Gurudev visited His Holiness Sundara Swamigal in his ashram the Kowmara Madam. Sri Sundara Swamigal has a beautiful ashram with very elaborate temples that contain shrines for Lord Muruga, the Goddess, Siva Lingam, and Lord Panduranga. Statues of the Goddess Saraswati, Goddess Lakshmi, Sri Hanuman, and several saintly beings adorn the outer walkway of the temple. Sri Gurudev was received by Sri Sundara Swamigal. The temple musicians accompanied them as they walked into the temple. An arati was performed in the main shrine and the culmination of the worship service was the honoring of Sri Gurudev. We also saw a veranda of the temple which was built through the donation of the thirty students who accompanied Gurudev during his tour in the 1970's. A plaque dedicating this wing in Guruev's honor is contained in the wall. At the Ashram, Gurudev and Sri Sandara Swamigal also met with architects to further discuss the building and design of the LOTUS.

In the late afternoon Gurudev departed for Chettipalayam. A function had been arranged in the Integral Yoga Institute which also houses a Satchidananda Clinic, all within Sri Gurudev's childhood house. Sri Swami Vimalanandaji, the Director of the Institute, and Dr. Azeemuden, the Director of the Clinic, were there to receive Gurudev. Sri Nanjappan and Sri Arumugam and their families were all gathered, as were all the children who take spiritual study classes at the IYI. Other village members joined, and the house was overflowing with visitors. Sri Mahalingam and Justice Sengottuvelan were seated next to Gurudev during the program. Sri Shankaran, Sri Mahalingam's Coimbatore company manager, gave the opening remarks in praise of Gurudev. Gurudev spoke to the children first, asking them questions about their spiritual studies. He was very pleased to hear their responses and praised them highly. Then he addressed the adults and afterwards sat in the inner quarters of the house to spend a little time with the relatives. Next Gurudev toured the Clinic facilities before leaving for Palani. He delighted us with stories of his years there, and we will recount some of those stories for you in a future *Magazine* issue.

When Gurudev arrived in Palani at the guest house Sri Kalidass and his wife were there to lovingly receive him. The following morning at 7:00 a.m. we began our pilgramage to Palani Hill. First Gurudev wished to visit the Sri la Sadhu Swamigal Mutt or Ashram, where he had studied. He paid his respects to the Shrine dedicated to Sri Sadhu Swamigal. The visit to the Temple itself was a beautiful and inspiring one. We were all very grateful to Sri N. Mahalingam, who made this wonderful *darshan* of Lord Muruga at Palani Hill possible for us. After the *darshan*, Sri Gurudev and his party returned to the guest house. As Gurudev sat down, he uttered the words "Ram, Ram." I wondered what prompted him to repeat the name of Lord Rama at that time. When I remarked about it, he didn't say anything but just smiled. Later, as he came out of the dining hall, a man prostrated at his feet. Gurudev raised him from the ground and said, "Ahh, Ram, how did you come?" The gentleman was Sri Ramakrishnan, the General Secretary of the Bharatiya Vidya Bhavan; and he lives in Bombay. He had been visiting Palani and heard that Gurudev was there also so he had come right away to see him. Sri Gurudev turned to me and patted Mr. Ramakrishnan on the back. With a twinkle in his eye, he told Mr. Ramakrishnan, "She was asking why I repeated 'Ram, Ram' earlier."

He is Om

Sri Mahalingam and Sri Gurudev drove

to the city of Pollachi. Leaving the city of Palani, the city of great *siddhas*, they enjoyed relating various stories of great *siddhas* they had known. They arrived in Pollachi, which is the city where Sri Mahalingam is carrying on the charity works of his father, Sri Nachimuthu. One of these projects is the Nachimuthu Polytechnical College. It was founded by Sri Nachimuthu, and Sri Mahalingam is continuing to subsidize this fine school which trains over 1000 students yearly in a variety of technical skills. On this day they were celebrating Founders' Day, and Gurudev was asked to preside over the function. He addressed the students and faculty and was asked to present medals to the leading students in the various fields.

Returning to Coimbatore, Gurudev kept a promise to visit the automobile factory and training center run by his good friend Sri Somasunderam. All the students and workers surrounded Gurudev as he toured the factory and commended their industriousness. Next Sri Gurudev was interviewed by the All India Radio before traveling to Delhi.

Arriving in Delhi, Gurudev was met by beloved gurubai and trustee of the Divine Life Society, Sri Mukand Lall Sachdeva. Also there to receive Gurudev was a beloved friend and devotee, Sri D.D. Gupta and Sri Ravi Ganesh. Sri Mukand Lall was Gurudev's host during his stay in Delhi.

A satsang had been arranged at Sri Mukand Lall's home. Present at the satsang was another devotee and gurubai, Sri A. Sundaram, who is instrumental in helping arrange Gurudev's travel in India. Sri Sundaram works for American Express and handles all the travel arrangements, telegrams, etc. for Sivananda Ashram members. Sri Gurudev made a pun in reference to Sri Sundaram's work: "American Express. Don't leave 'Om' without it. When you spell 'home', in the very center between 'h' and 'e' (or 'he') is 'Om.' He is Om. That's what the Americans are expressing."

That evening, accompanied by Mr. Mukand Lall and his wife, Sri Gurudev took the night train to Rishikesh. Swami Muruganandaji of Sivananda Ashram met the train and drove Gurudev to the Ashram. Upon arrival, Gurudev was greeted by Sri Swami Abhayanandaji and Sri Kartakeyan and was then taken to Dwarka Dham where he is usually accommodated. Sri Swami Krishanandaji Maharaj came to welcome Gurudev, and they had a warm, loving visit. When one of the Ashramites asked Swami Krishanandaji if he would like to have some refreshment, he replied, "Swami Satchidanandaji is the only refreshment I will be taking now."

After Swami Krishanandaji returned to his kutir, Gurudev went directly to Master Sivanandaji's Samadhi Shrine to pay his respects. He asked everyone to leave him, and he sat alone in silence before the Shrine.

That evening Gurudev gave a talk on spiritual values for a modern world. At the end of the talk, Sri Gurudev asked his brother monk Sri Swami Nadabrahmanandaji, who was also visiting the Ashram from the United States, to give some musical offerings.

The following day, Gurudev went to visit the beloved mother of Sri Swami Venkatesanandaji Maharaj, who had left his body only a few months before. Gurudev was always close to Venkatesanandaji's physical family, and he was gladly welcomed by this wonderful lady who lives at the Sivananda Ashram. He spent a long time consoling her, counseling her; and when he left, she was smiling beautifully. As we left, Sri Kartakeyan turned to me with sheer joy and amazement in his eyes and said, "This is absolutely incredible. No one has been able to console Amma. Now she has stopped all weeping because of Swami Satchidanandaji. This is something truly great."

Sri Gurudev visited the Vasistha Guha and that evening departed by night train for Delhi. Special thanks to Sri Swami Krishanandaji Maharaj, Sri Swami Dayanandaji Maharaj, Sri Kartakeyan, and all the Ashramites who so lovingly rendered service to Gurudev during his stay.

Jolly Science

Gurudev gave a small satsang in the home of D.D. Gupta and his family, all of whom so lovingly accommodated him during his brief stay in Delhi. The following morning, he flew to Ahmedabad where he was met by the Brahma Kumari brothers and sisters. Gurudev was driven, along with some of the other delegates including the ex-President of Costa Rica, to the place where he would be staying. He was there as one of the guest speakers at the Universal Peace Conference sponsored by the Brah-

ma Kumaris in their headquarters at Mt. Abu. Their University, the Brahma Kumari World Spiritual University, is dedicated to the moral and spiritual upliftment of humanity. They have over 800 branches located in over 40 countries. More than 300 delegates and members from throughout the world gathered to attend lectures and workshops on the theme of Universal Peace. Sri Gurudev was received at the headquarters by the spiritual and administrative head, Raja Yogini B.K. Prakashmani, affectionately known as "Dadiji". Sister Mohini, the Director of the New York center, commented on this, "The pure ones always receive the pure ones." That evening a grand reception was held for all of the delgates in the newly constructed Universal Peace Hall. "Dadiji" gave the welcome address.

Gurudev spoke in praise of the Brahma Kumaris and spoke of the need for religious harmony and universal peace. Many dignitaries followed, such as the Minister of Home Affairs in Delhi, the Vice President of Guyana, the former Vice President of India, the Director of External Affairs of Colombia, South America. Many messages came from dignitaries and government officials all over the world, including President Reagan.

A cultural program followed with dances and music of India. The culmination was a spiritual song that was sung in each of the following languages by representatives of each of the countries: English, French, Spanish, Portugese, Japanese, Chinese, and Indonesian. The 10th of Feburary marked the inaugural day of the Conference. Outside the hall all of the thousands gathered for the opening events. Gurudev, the senior sisters of Mt. Abu, and Sri B.D. Jatti, the former Vice President of India, all joined in raising the flag.

After the events, Gurudev left, but he can never go far without being surrounded by the Brahma Kumari sisters and brothers. The moment he arrived in Bombay, he was met by none other than the Brahma Kumaris. Also there was our most senior gurubai, Srimati Sohini Mehta and longtime devotee Mrs. Jatin Babalia. Another familiar face at the airport was our own Reverend Rishi Schweig of California, who was in India visiting his two sons.

Gurudev was invited to visit the Brahma Kumari Bombay Center. Sister Yogini, the Director of the Center, lovingly received him. He was taken on a complete tour of the center and then asked to share a few words with the members. Gurudev said that "Universal peace will come automatically when you have this kind of universal love that we see among the Brahma Kumaris." He spoke highly about the beautifully organized conference at Mt. Abu.

The 13th of February. The greatest educational and cultural organization in India is the Bharatiya Vidya Bhavan of which Sri Gurudev is a patron. Sri Ramakrishnan, the Secretary of the Bhavan, had organized a one-day seminar focusing on the topic of true education. Sri Ramakrishnan introduced Gurudev, praising his service and telling how Gurudev had offered land at Yogaville in Virginia for the residential school the Bhavan was planning in America. Plans for this school are underway with a projected completion date of 1984-1985.

Gurudev gave an inaugural address, and three sessions discussing the aims of education followed. Many professors and educators were among those gathered. One of the participants raised a question about the generation gap between teachers and students. Gurudev encouraged the educator not to create a separation between themselves and the student. He said, "You must come to the level of the students. You have lived their life, but they have not lived yours, so it is easier for you to meet them on their level. You must understand them. A Chief Justice cannot sit way up in a great chair and at the same time play with a baby. We must understand one another and close the communication and generation gap."

In the early evening, the Bhavan sponsored a public lecture by Sri Gurudev entitled "Yoga in Daily Life." Sri Ramakrishnan recalled that Gurudev had spent several years in the holy city of Palani and thus he presented to Gurudev on behalf of the Bahavan a large photo of the deity of Palani Temple, Lord Muruga. Yogacharya B.K.S. Iyengar, gave the presidential speech in praise of Gurudev's service in the West and of the greatness of Yoga. Some of his students gave a Hatha Yoga demonstration. Gurudev spoke for a while about "Yoga in Daily Life." His message seemed to be summed up by the statement he made, "Yoga is a jolly science because it expects you to be always healthy and happy."

-To be continued

Dear Readers,

Greetings of Peace to you!

As always, we are happy to bring you another issue of *Integral Yoga Magazine*. With this issue we welcome Sister Narayani Chaitanya as layout and artwork Director. Please let us know how you feel about the changes we are trying in the design of the *Magazine*.

We honestly feel that with *Integral Yoga Magazine's* content — the teachings of Sri Gurudev, Sri Swami Sivanandaji, and words of sages and saints of all traditions — we can't go wrong! Still, we would like you to let us know if there are other features you would like to see, such as: vegetarian cooking, more for children, regular articles on Hatha Yoga, and so on. We are here to serve our readers all over the globe, and we always welcome suggestions about how to do that better.

INSPIRATION

When you open a copy of *Integral Yoga Magazine*, you will always see beautiful inspiring pictures. Your mind won't be jarred and distracted by full-page liquor or cigarette ads that are found in most magazines today. We do understand why those ads are in most magazines — they keep the magazines in existence. *Integral Yoga Magazine* is one of the few publications that is not supported by advertising. We are kept in existence by our subscribers and our sponsors. (Our sponsors don't jump at you, saying, "Buy this!" Instead they simply present a different quote from Sri Gurudev in every issue.) We urge you to continue your support of *Integral Yoga Magazine*. Renew your subscription and renew your spirits. And why not renew the spirits of your friends and family with gift subscriptions in the upcoming Holiday Season. The subscription blank below will help you do it.

If you have an inspiring story or article you would like to share with our other readers, please do send it to us. If the material is not your own, please let us know where it came from so we can get permission to reprint.

Again, thank you for all your support and encouragement. May God bless you with all peace and joy, love and light.

Om Shanthi Shanthi Shanthi

The Editor

YES... I would like to receive Integral Yoga Magazine____1 year;____2 years. ____New____Renewal

NAME _____

ADDRESS _____CITY_____STATE_____ZIP_____

Please send a gift subscription for ____1 year;____2 years, to:

NAME _____

ADDRESS _____CITY_____STATE_____ZIP_____

Please enclose $12 for each year's subscription ($15.50 foreign), payable U.S. funds to INTEGRAL YOGA MAGAZINE. Mail to: Integral Yoga Magazine, Route 1, Box 172, Buckingham, VA 23921.

Spécial thanks to our sponsors...

"Never lose sight of that gold in you." - Sri Gurudev

SERVICEMASTER OF FARMVILLE, Professional Cleaning, Farmville, Virginia
LIGHT of LOTUS GLASSWORKS, Stained Glass Work, Dillwyn, Virginia
SOLSTICE, Handcrafted Jewelry and Gifts, Seattle, Washington
DEVDASS D. KARMARKAR, M.D., P.O. Box 8, Scottsville, Virginia
The INTEGRAL YOGA INSTITUTES of New York City,
Montreal, Detroit, and San Francisco

"Always
have
positive thinking.
Don't give room for
negative thinking.
Even if such thinking comes into the mind, don't give it room to develop.
Don't contemplate it.
See the bright side of it."

-Sri Gurudev

FEATHER RIVER COMPANY
Natural Cosmetics, Body Care,
Herbs, Ginseng
500 C Street
Pt. Reyes, California 94956

"That ounce of faith
in your mantram,
in your prayer is enough.

With that,
nothing is impossible
to achieve."

- Sri Gurudev

UNIVERSAL COMPUTER
Sales and Service of
Apple Computers
Ivy Square,
Charlottesville, VA 22903
1710 Fern Street,
Alexandria, VA 22302
2355G Hunters Wood Plaz
Reston, VA 22901

"Life
without contrasting factors
would be very dull.
Nature always
has two sides of dark and light.
If you want to be able to enjoy both
the pleasure and pain you should
not get caught in either of them.
Be the witness."

-Sri Gurudev

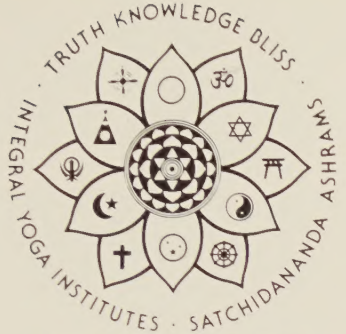
CLEAR LIGHT SPROUTS
New York City

"The seeds of peace were sown
in you long ago. You have the
always. Know that. Know that y
are that pure, supreme, blissful S
- Sri Gurudev

INTEGRAL YOGA
NATURAL FOODS
250 West 14th Street
New York City 10011

"If you really want to enjoy the s
of Karma Yoga, don't give
room for ego."
-Sri Gurudev

GO PAL BICYCLE SHOI
102 14th Street N.W.
Charlottesville, VA
SILVER BIKE SHOP
6 Livery Street
Putnam, CT.



SATCHIDANANDA ASHRAMS

VIRGINIA: Route 1, Box 172, Buckingham 23921 (804) 969-4801
CONNECTICUT: P.O. Box 108, Pomfret Center 06259 (203) 974-1008
SRI LANKA: Satchidananda Thapovanam, Tekawatte, Tennekumbura, Kandy OP-22392
AUSTRALIA: Ontos Yogaville, c/o Sunrise Farm, Buchan, Victoria 3885 (051) 550-215

INTEGRAL YOGA® INSTITUTES* AND TEACHING CENTERS

CALIFORNIA
P.O. Box 5892, Santa Barbara*93108 (805) 969-7233
770 Dolores St., San Francisco* 94110 (415) 824-9600
853 20th Street, Santa Monica 90403 (213) 829-0770

COLORADO
370 Buckeye Dr., Colorado Springs 80919 (303) 594-9119
844 Downing St., Denver*80218 (303) 831-8495

CONNECTICUT
7 May Street, Apt. 505, Hartford 06105 (203) 241-0616

FLORIDA
326 Oakland Ave., Indialantic 32903 (305) 725-0578

HAWAII
P.O. Box 669, Captain Cook 96704
P.O. Box 10611, Honolulu 96816 (808) 732-1733

ILLINOIS
6908 N. Ashland, Chicago 60626 (312) 465-6145

MASSACHUSETTS
228 Beacon St., Boston 02116 (617) 536-0444
288 Belmont St., Fall River 02720 (617) 673-9535

MICHIGAN 16535 Livernois Ave., Detroit*48221 (313) 862-5477

NEW JERSEY 5 Clark St., Garfield*07026 (201) 546-9666
173 Little Albany St., New Brunswick*08901 (201) 246-0909

NEW YORK 227 West 13th St., New York*10011 (212) 929-0585
500 West End Ave., New York 10024 (212) 874-7500

OHIO 1085 Bryden Rd., Columbus 43205 (614) 252-0827

TENNESSEE
1300 Buffalo St., #A, Johnson City 37601 (615) 929-0339

TEXAS
3909 Ohio Gardens #32, Ft. Worth 76114 (817) 624-9585
4307 N. Westberry, San Antonio*78228 (512) 434-1738

VERMONT
P.O. Box 157C, Waitsfield 05673

VIRGINIA
719 West 33rd Street, Richmond 23225 (804) 232-3368

WASHINGTON, DC
P.O. Box 23530, Washington, DC*20024 (703) 931-7333

WASHINGTON (State)
127 NE 59th Street, Seattle 98105 (206) 522-1909

AUSTRALIA
3 Napier St., Essendon, Victoria*3040 (03) 370-1256
3A Alfred St., Norwood, Adelaide*5067 (08) 318-993

BELGIUM 11 Ave des Lauriers Cerises, B 1950 Kraainem, Brussels
BERMUDA Dunscombe Rd., South Shore, Warwick
CANADA 5425 ave du Parc, Montreal, Quebec*H2V 4G9 (514) 279-8931
FRANCE 3 Place Cathedrale, Toulon 83000
INDIA 73-A Race Course Rd., Coimbatore 641 018, Tamil Nadu

Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Japa Yoga The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity an control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicate to the common welfare, and realization of the true Self."

